

Healthy Feeding for your Preschooler (4-5 years old)

Create Calm Meals:

- Preschoolers love routine. Serve meals and snacks at about the same time each day.
- Plan a few minutes of quiet time before each meal. A tired or excited child may have little interest in eating.
- Sit at the table with your child during meals and turn off the TV.
- Serve your preschooler most of the foods that the rest of the family is eating
- Allow your preschooler to pick up the food and feed themselves.
- If your toddler has stopped eating, don't make them stay longer in hopes that they will eat more. Aim for no more than 20 minutes per meal.
- Serve a variety of foods including foods that your preschooler has refused to eat in the past. Your preschooler may need time to get used to a new food before they touch, taste, or eat it.

Prevent Choking:

- Don't give your toddler hard-to-chew foods such as hot dogs, whole grapes, cherry tomatoes, meat chunks, raw carrots, nuts and popcorn
- Don't let your child walk, run or play with food in their mouth. They should be sitting when they are eating.

Servings by Meal:

Breakfast:

Try a fruit, grain, and milk or try a fruit, grain and meat/other protein

Lunch:

Aim for a serving from each food group: milk, a fruit/vegetable, a grain, and a meat/other protein

Dinner:

Aim for a serving from each food group: milk, a fruit/vegetable, a grain, and a meat/other protein

Snacks (2 per day):

Mix it up so that you get the total daily servings from every food group.

Sample Menu:

Breakfast:

1/2 cup cereal, 1/2 cup 2% milk, 1 small orange

Lunch:

1/2 cup 2% milk, ham and cheese sandwich, 1/2 cup cooked carrots, 1 small banana

Dinner:

1/2 cup 2% milk, 2 ounces of chicken, 1/2 cup green beans, 1/2 cup mashed potatoes

Snacks:

1/2 cup apple slices with 1 tablespoon nut butter, 5 square crackers, 1/2 cup mango cubes, 1/2 cup yogurt

Serving Sizes for 4-5 year old Preschoolers

Food Groups	Servings Per Day	Example	Serving Size
Grains and Starches	5	Bread Slice	1 slice
		Bun or Bagel	1/2
		Tortilla	1 small
		Crackers	5
		Cereal	½ cup
		Rice	½ cup
		Pasta	½ cup
		Potatoes or Corn	½ cup
Fruits	2-4	Small fruit (plum)	1 small
		Cooked or Canned	1/2 cup
		Juice	½ cup
Vegetables	2-4	Raw, cooked or canned	½ cup
Dairy	5	Milk	½ cup
		Yogurt	½ cup
		Cottage Cheese	½ cup
		Shredded Cheese	2 tablespoon
		Cheese	½ slice
Meat and Other Protein Foods	4	Lean meat, chicken fish	1 ounce
		Beans (pinto, black)	¼ cup
		Egg	1
		Nut Butter	1 tablespoon
Fats	3	Oil or margarine	1 teaspoon

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Author: Nutrition | Approved by Patient Education Committee | Valid through 2020

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